

*Simply*

Simple Behaviors  
for Sustainable Living

**SUSTAINABLE**



**SHILA WATTAMWAR**

*Simply Sustainable: Simple Behaviors for Sustainable Living*

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*“If we choose to live a more sustainable lifestyle now, our actions will shape how our children treat the world.”*

– SHILA WATTAMWAR





# *Holistic* SUSTAINABLY

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*Simply Sustainable: Simple Behaviors for Sustainable Living* provides two basic tools for implementing a viable, cleaner lifestyle: information and action. Geared toward people of all ages, this book will help you and your family understand the environmental and social challenges facing us now, and at the same time, discover actionable choices that you can neatly incorporate into your everyday lives for more sustainable, healthier living.

In a world where we are often encouraged to use more sustainable practices (recycling, composting, water conservation, and so on), without understanding why these behaviors are important, it is easy for people to become overwhelmed by the concept of sustainability. Often, we indulge various practices that seem trendy, but without the education and connection necessary to form new habits. Just as we are far more likely to take vitamins or go for that jog if we understand the benefits, we are far more likely to commit to sustainability if we understand the negative ramifications of doing otherwise.

# SUSTAINABILITY *Wheels*



*Simply Sustainable: Simple Behaviors for Sustainable Living* looks at change realistically. By making good choices now—and making those choices habitual—you can implement a positive, systemic influence over the environment and social climates for generations to come.

Within these pages, we look at five areas to promote holistic sustainability: **food, drink, fashion, home, and investments**. You'll find one educational fact about sustainability per week along with a choice you can make to address that fact. Just think! Over the course of one year, you can learn 52 facts and integrate 52 related sustainable choices into your life.



May you find these sustainable behaviors both achievable and compelling.

THANK YOU,  
*Shila Wattamwar*







## WEEK 1

### *Fact*

It takes 2,720 liters of water to make one t-shirt.  
***That's how much an average person drinks over three years!***<sup>1</sup>

### *Action*

***Donate old clothes instead of throwing them away so they can be further used.***


## WEEK 2

### *Fact*

**As of March 2023, over 7,000 mutual funds that considered sustainability factors in their investment thesis were available worldwide, with approximately \$2.5 trillion invested in them.<sup>2</sup>**


### *Action*

**Learn about the wide array of sustainable exchange-traded funds (ETFs) and mutual funds available to you. You can find this information online, on your brokerage platform, at your bank, or through a financial advisor.**



***“Sustainable investing is personal investing. It allows us the opportunity to invest in a way that aligns with our values. You can find sustainable investing choices that are broad and others that are more focused on specific areas such as climate change, ex-tobacco, gender equality, and more.***

**– SHILA WATTAMWAR**



***“The best way to find yourself  
is to lose yourself  
in the service of others.”***

**– MAHATMA GANDHI**

## WEEK 3

### *Fact*

**Median household income in 2020 was roughly \$46,000 for African Americans and \$55,000 for Hispanics compared to \$75,000 and \$95,000 for white and Asian households respectively.<sup>3</sup>**

### *Action*

**Volunteer to help support the needs of an underserved community. Community organizations or the education system are great places to look for opportunities to build better lives.**



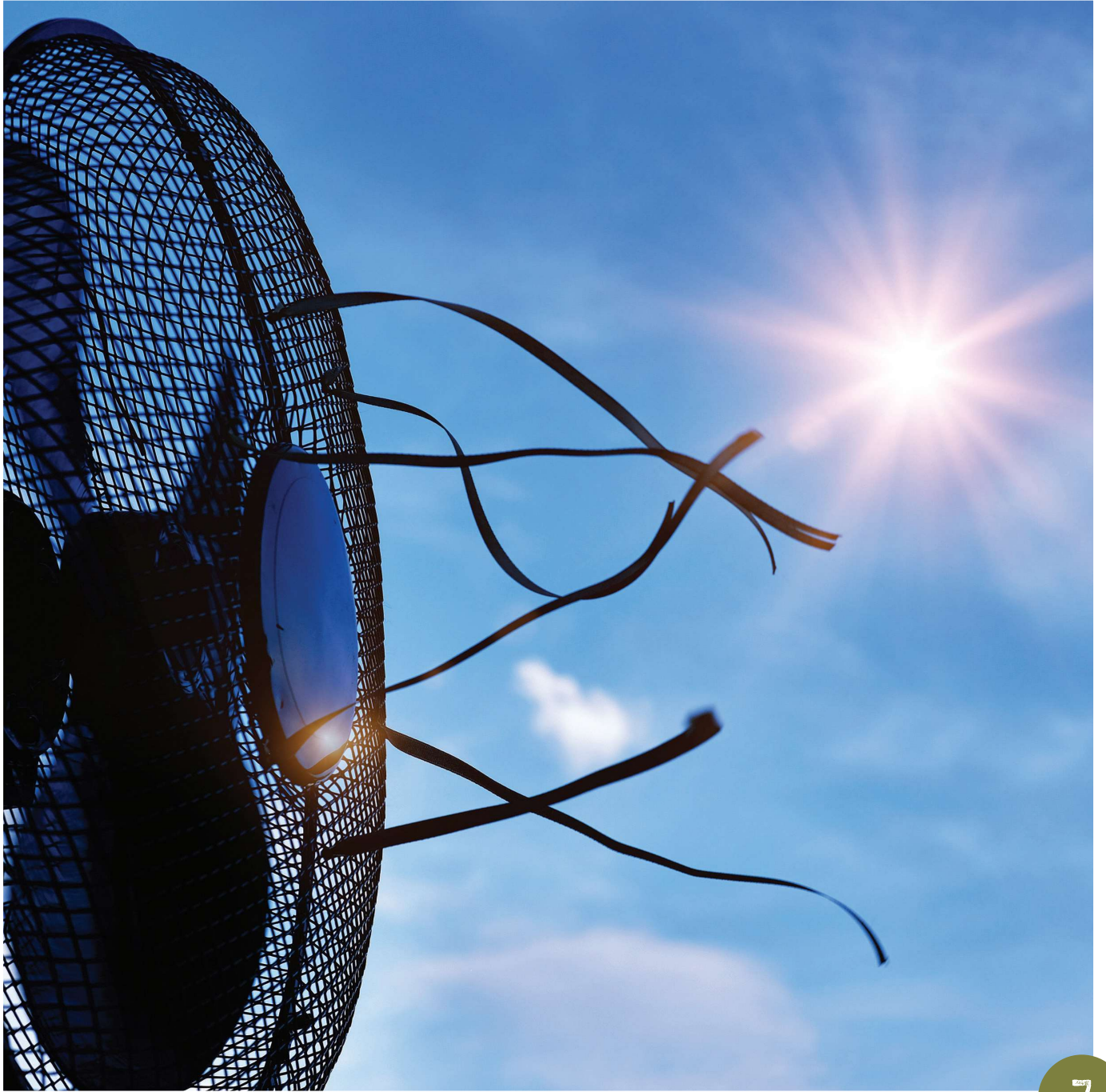
## WEEK 4


### *Fact*

**The US produces nearly 117 million metric tons of greenhouse gas emissions annually from air conditioning.** This is equivalent to the carbon dioxide emissions of 24.5 million passenger vehicles.<sup>4</sup>

### *Action*

**Use natural methods of temperature control when possible.** For example, use fans and sweaters instead of turning up air conditioners or heaters.





***“There’s a trick to composting that you may not realize when you first begin—make sure you store the food scraps in your freezer to avoid any fruit flies. Also, for those in NYC, download the NYC Composting app to see where your nearby free composting bin is and always make sure to check if it’s full before making the trip!”***

**– MILENA STOJCESKA**



## *Fact*

**Composting has significant benefits for our world by:**

- \* Significantly cutting down on the amount of trash in a landfill.
- \* Enriching the soil with nutrients from compost, which reduces the need for chemical fertilizers and pesticides.
- \* Increasing the soil's ability to retain moisture, thus reducing soil runoff and helping to prevent erosion.
- \* Sequestering carbon which means helping to remove it from the atmosphere.<sup>5</sup>

## *Action*

**Consider how much you can compost in your home and research local composting options.**